

Fall/Winter 2020 Catalog

MICROCOSM PUBLISHING

BOOKS THAT PUT YOUR POWER IN YOUR HANDS SINCE 1996



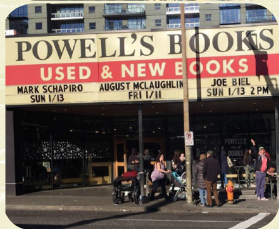


ABOUT MICROCOSM

Microcosm has lived in milk crates, in closets, in a mud room, in a windowless basement, in a converted church, and under a desk at a major credit card company. We've brought our brightly colored books to infoshops, zine fests, media summits, bicycle conferences, parks, street corners, house shows, dirty bars, all-night coffeeshops, art museums, and every corner of the mainstream where we can clear away a little space to set up shop. We set out to save ourselves from not caring, but out there in the margins we've found communities worth always doing it better for. Now we have contracts instead of handshakes, a warehouse instead of a fanny pack full of zines. We have a staff, we have relationships in the industry that send our books to places we wouldn't have dreamed we could walk into ourselves. We're not as drunk or dirty as we used to be. But still, at heart, we've got this milk crate strapped to the back of a bike and we're riding wildly across town to hand you the book that might just be the one that saves your life.

Cover Illustration by River Katz | Design by Joe Biel

WWW.MICROCOSM.PUB





A LETTER FROM THE PUBLISHER:

Unbelievably, our 2019 sales went up 55.77% over 2018! In the past year we've also increased staff wages by 38.94%, with more to come! But 2019 really taxed and tested us in ways that we haven't seen before. We are shipping an average of six times as many packages every day as we were when we moved into this building eight years ago. We are receiving six times as many boxes every day as well. All of this leads to the increased need for diligence and refinement as we outgrow our old ways of doing things.

We are publishing more books than ever (and reprinting more books than ever too)! This year will be spent implementing new systems to use data to make better decisions and to see where we have the most growth opportunities. We went to Winter Institute—a national conglomeration of independent bookstores getting together annually to spread joy to each other—for the first time this year and talked a lot about the future of publishing. We also got to meet one of our newest authors, Danny Caine, there. He compiled and wrote our blockbuster drop-in title ***How to Resist Amazon and Why***, which sold over 10,000 copies in the first three months to independent bookstores like yours! Did you miss it? Fear not, we have more and we'll have a paperback edition next Spring!

We remain very thankful that people continue to love and support small-trim paperbacks about how to change your life and the world around you. And also that life is no longer a constant struggle to keep our bank account as a positive number. Seeing readers recommend our books on social media has been flattering, but nothing holds a candle to someone spilling their guts about how much they were singularly impacted in a private letter. Want to learn more about what we've been up to? Check out our *People's Guide to Publishing* book and vlogcast at microcosmpublishing.com/blog/tag/business-of-publishing/

—Joe Biel | **Founder, CEO**

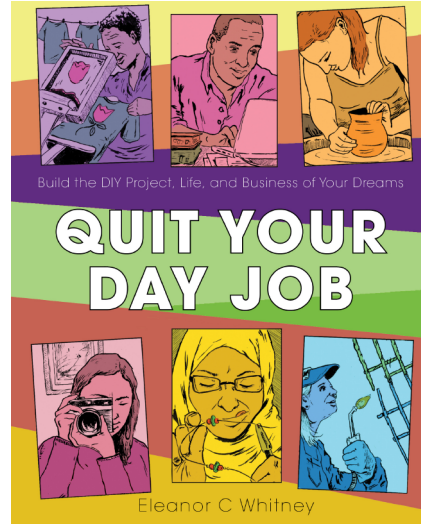
QUIT YOUR DAY JOB

BUILD THE DIY PROJECT, LIFE, AND BUSINESS OF YOUR DREAMS

Eleanor C. Whitney

*Turn your creative passion
into a business*

A practical field guide for creative people with great ideas for independent projects who want to achieve success and sustainability. Drawing on her years of experience helping people succeed with do-it-yourself projects based in independent publishing, music, food, art, craft, activism, and community work, Eleanor Whitney empowers you to clarify your vision, get organized, set goals, create a plan, raise funds, market, and manage your do-it-yourself project. The book is full of real-life inspiration and creative business advice from successful, independent businesses owners and creative people with projects that began in the do-it-yourself spirit.



- National and local press campaigns
- Social media promotions
- Email marketing and publicity

► **Three in five Americans dream of owning their own business**

► **Offers actionable guidance to help entrepreneurs, aspiring entrepreneurs, and creatives foster successful business ventures**



Eleanor C. Whitney is a feminist writer, musician, and editor living in Brooklyn. She has built community and content strategy for startups and arts organizations including Axiom, Managed by Q, Dev Bootcamp, Shapeways, and the Brooklyn Museum. She's currently working on her next book, *Riot Woman*, a collection of feminist essays, and is the host of a podcast of the same name. She loves to punch out her writer's block at her local boxing gym.

Publicity: Lydia Rogue | 503-799-2698
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MicrocosmPublishing.com/About

978-1-62106-115-1

Trade Paperback

5 x 7"

128 pages

September 8, 2020

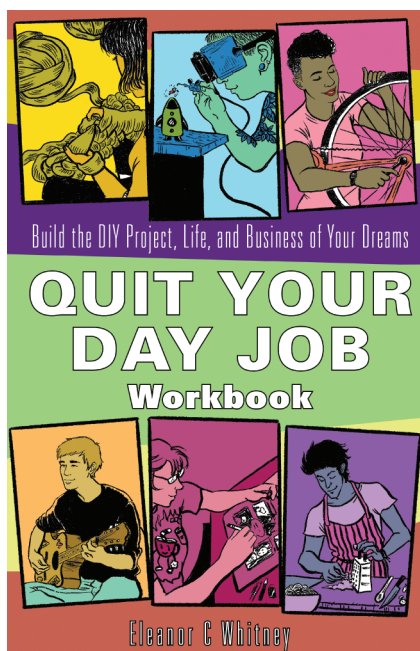
Entrepreneurship

\$13.95 U.S. / \$18.99 CAN

QUIT YOUR DAY JOB WORKBOOK

BUILDING THE DIY PROJECT, LIFE, AND BUSINESS OF YOUR DREAMS

Eleanor C. Whitney



The nuts and bolts of becoming a creative entrepreneur

A practical guide and workbook for starting a creative business. As an artist, dreamer, or thinker, you may be looking for extra support with the practical aspects of entrepreneurship. This workbook helps you create structures to support your vision, clarify what success looks like for you, find the resources you need, and take your next steps. As you work through these helpful, jargon-free exercises, you'll quickly find that the independent, creative life you imagine is within reach. The workbook can be used on its own or as a companion to Eleanor Whitney's book *Quit Your Day Job*.

- National and local press campaigns
- Social media promotions
- Email marketing and publicity

► For anyone who dreams of turning your hobby, craft, art, or passion project into a fulfilling, sustainable career

► Exercises and study materials are presented using easy-to-understand language and instructions

Publicity: Lydia Rogue | 503-799-2698
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MicrocosmPublishing.com/About

978-1-62106-257-8
Trade Paperback
5.5 x 8.5"
128 pages
September 8, 2020
Entrepreneurship
\$9.95 U.S. / \$12.99 CAN

Eleanor C. Whitney is a feminist writer, musician, and editor living in Brooklyn. She has built community and content strategy for startups and arts organizations including Axiom, Managed by Q, Dev Bootcamp, Shapeways, and the Brooklyn Museum. She's currently working on her next book, *Riot Woman*, a collection of feminist essays, and is the host of a podcast of the same name. She loves to punch out her writer's block at her local boxing gym.



FIREBRANDS

ACTIVISTS YOU DIDN'T LEARN ABOUT IN SCHOOL

Shaun Slifer and Bec Young

*From the margins,
heroes for our future*

These heroes hail from Canada to Chile and everywhere in between, from the 1500s to today. Instead of the powerful, rich, white folks focused on in school textbooks, these pages recognize the work of grassroots organizers, revolutionaries, visionaries, anarchists, workers, and artists. They put their bodies and souls into fighting injustice and making their communities better and often gave their lives for the causes they believed in.

- Each story is vividly illustrated, offering a radical glimpse of how individuals can work to change the world
- Includes luminaries Frida Kahlo, Audre Lorde, Sitting Bull, Pablo Neruda, Nina Simone, Emma Goldman, Sojourner Truth, Tupac Shakur, and more



- National and local press campaigns
- Social media promotions
- Email marketing and publicity



Bec Young and Shaun Slifer are artists and members of the Justseeds Artists' Cooperative, an artists' collective based throughout the Americas that focuses on environmental, social, and political engagement. They live in Pittsburgh, Pennsylvania.

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978-1-62106-407-7

Trade Paperback

5 x 7"

192 pages

October 13, 2020

Art / History

\$14.95 U.S. / \$19.99 CAN

MOSTLY TRUE (3RD EDITION)

THE WEST'S MOST POPULAR HOBO GRAFFITI MAGAZINE

Bill Daniel



- National and local press campaigns
- Social media promotions
- Email marketing and publicity

Decode a century of railroad writing and outsider art

In Texas in the early 1900s, a little chalk drawing started to appear on boxcars—a minimalist sketch of a figure with a 10-gallon hat, smoking a pipe, and signed “Bozo Texino.” This famous railroad tag appeared throughout the US over 100,000 times over 90+ years. Artist and filmmaker Bill Daniel set out on a 25-year quest to solve the mystery of the man behind the pipe and hat. The result was the documentary *Who is Bozo Texino?* and the book *Mostly True*—a chronicle of modern-day hobos, rail workers, and a forgotten outsider subculture. Like previous editions, this newly expanded 3rd edition is full of obscure railroad nostalgia, freight riding stories, interviews with hobos and boxcar artists, historical oddities and tons of photos..

- ▶ 3rd edition with 50% new content
- ▶ Exclusive interviews with taggers/artists
- ▶ Author was a Guggenheim Fellowship winner

Publicity: Lydia Rogue | 503-799-2698
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978-1-62106-742-9

Trade Paperback

6 x 9"

192 pages

September 8, 2020

Graffiti & Street Art

\$13.95 U.S. / \$18.99 CAN

Bill Daniel has spent four decades in art production and countercultural participation, spanning documentary, folklore, amateur archive, and DIY cultural practices. Proclaiming a “folk poetics of survivalism,” Daniel aspires to fuse punk values with a quest for hybrid forms of cultural expression and deployment in his films, photography, and itinerant exhibitions.



THE AUTISM RELATIONSHIPS HANDBOOK

HOW TO THRIVE IN FRIENDSHIPS, DATING, AND LOVE

Joe Biel and Dr. Faith G. Harper

**Be a winner at relationships,
romantic or otherwise**

Ever since he came out as autistic, people have been contacting author Joe Biel to share their stories and ask questions. The most common question by far: How do I find a romantic partner? Dr. Faith G. Harper, author of *Unfuck Your Brain* and *Unfuck Your Intimacy* teams up with autistic publisher Joe to offer hard-won guidance on a wide range of topics about friendships, dating, and romance. What do you want out of a relationship? What is the difference between flirting and harassment? How do you maintain a healthy, happy long term relationship? Autistic readers will find valuable answers and perspectives in this book, whether you're just getting ready to jump into dating, seeking to forge closer friendships, or looking to improve your existing partnership or marriage.

► **Learn the right tools to cultivate a successful relationship**

► **Approximately 1 in 59 children is diagnosed with an Autism Spectrum Disorder**



Joe Biel is a self-made autistic publisher and filmmaker who draws origins, inspiration, and methods from punk rock. Joe is the founder and CEO of Microcosm Publishing, co-founder of the Portland Zine Symposium, and a prolific author; living and working in Portland, OR.

Faith Harper, PhD is a bad-ass lady with a PhD. She's a licensed professional counselor, board supervisor, and bestselling author with a private practice and consulting/training business in San Antonio, TX.

THE AUTISM RELATIONSHIPS HANDBOOK



**How to Thrive in
Friendships, Dating, and Love**

Joe Biel and Faith G. Harper, PhD, LPC-S, ACS, ACN

- **National and local press campaigns**
- **Social media promotions**
- **Kickstarter campaign**

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978-1-62106-619-4

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5 x 7"

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January 12, 2021

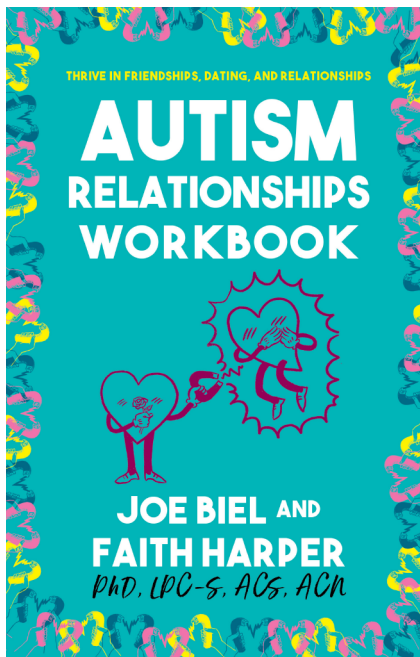
Self-Help/ Autism Spectrum

\$9.95 U.S. / \$12.99 CAN

THE AUTISM RELATIONSHIPS WORKBOOK

HOW THRIVE IN FRIENDSHIPS, DATING, AND RELATIONSHIPS

Joe Biel and Dr. Faith G. Harper



- National and local press campaigns
- Social media promotions
- Kickstarter campaign

Publicity: Lydia Rogue | 503-799-2698
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978-1-62106-388-9

Trade Paperback

5.5 x 8.5"

128 pages

January 12, 2021

Self-Help/ Autism Spectrum

\$9.95 U.S. / \$12.99 CAN

Joe Biel is a self-made autistic publisher and filmmaker who draws origins, inspiration, and methods from punk rock. Joe is the founder and CEO of Microcosm Publishing, co-founder of the Portland Zine Symposium, and a prolific author; living and working in Portland, OR.

Faith Harper, PhD is a bad-ass lady with a PhD. She's a licensed professional counselor, board supervisor, and bestselling author with a private practice and consulting/training business in San Antonio, TX.

Do the work for the satisfying relationships you need

Every autistic person is capable and worthy of having happy, healthy, fulfilling friendships and relationships. This workbook takes you step-by-step through getting to know your own wants and needs and engaging with others whose wants and needs are compatible. A collaboration between autistic publisher Joe Biel and Dr. Faith G. Harper, bestselling author of *Unfuck Your Boundaries* and *Unfuck Your Intimacy*, this workbook can be completed on its own or alongside *The Autism Relationships Handbook*. Exercises include evaluating your relationship history, figuring out what you want in your relationships, identifying potential friends or dates, how to express your needs and boundaries, and so much more!

► Exercises and info are optimized for those on the autism spectrum

► Workbook may be used independent of or in conjunction with the handbook



PRACTICAL WITCH'S ALMANAC 2021

CRAFTING YOUR MAGIC

Friday Gladheart

Reconnect with nature and tune into your witchy energy

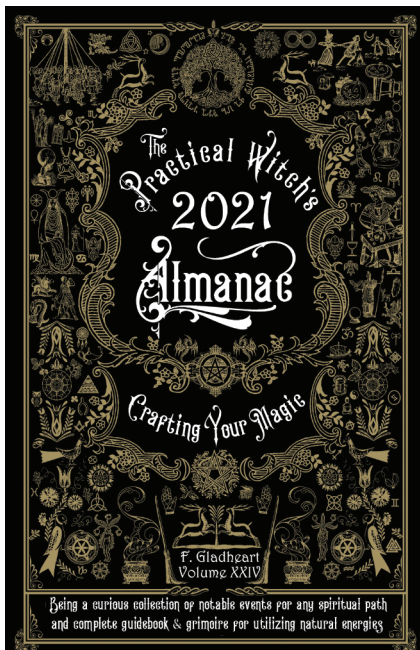
Magic is a universal force, but how we access and use it is deeply personal. This new edition of Friday Gladheart's beloved annual almanac is focused on crafting your magic. Special planner pages, worksheets, and articles are included to help you achieve your goals, discover your hidden talents, and explore the awe-inspiring beauty of nature, no matter what kind of magic you practice. And as always, it contains astrological and astronomical information, moon phases, trivia, recipes, Sabbats, historical tidbits, and everything you need to get you in touch with the Practical Witch within you.

► **24th edition of this annual almanac**

► **Serves as a weekly planner, as well as an almanac and how-to guide**



Friday Gladheart founded PaganPath.com in 1997, the oldest and most highly respected online academy for Witchcraft, tarot, and herbalism. Her articles and DIY projects have appeared in major Pagan, Wiccan, and secular publications. She spends most of her days teaching, writing, and creating websites while developing a non-profit, organic teaching garden and sanctuary near the oldest National Forest in the southern United States.



- National and local press campaigns
- Social media promotions
- Email marketing and publicity
- Kickstarter Campaign

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978-1-62106-655-2

Trade Paperback

5.5 x 8.5"

160 pages

September 8, 2020

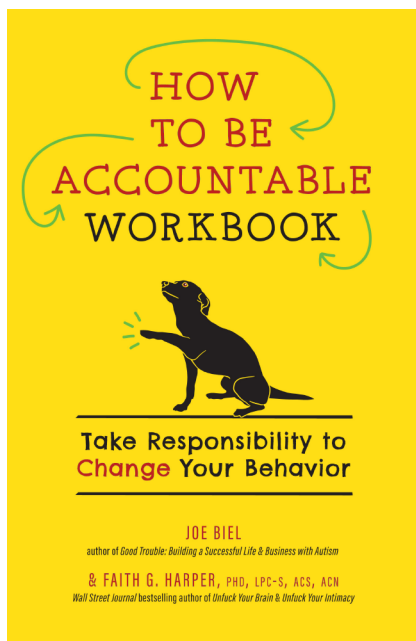
Witchcraft / Good Life

\$13.95 U.S. / \$18.99 CAN

HOW TO BE ACCOUNTABLE WORKBOOK

TAKE RESPONSIBILITY TO CHANGE YOUR BEHAVIOR

Joe Biel and Dr. Faith G. Harper



- National and local press campaigns
- Social media promotions
- Kickstarter campaign

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978-1-62106-236-3

Trade Paperback

5.5 x 8.5"

128 pages

October 13, 2020

Self-Help/ Personal Growth

\$12.95 U.S. / \$17.49 CAN

Joe Biel is a self-made autistic publisher and filmmaker who draws origins, inspiration, and methods from punk rock. Joe is the founder and CEO of Microcosm Publishing, co-founder of the Portland Zine Symposium, and a prolific author; living and working in Portland, OR.

Faith Harper, PhD is a bad-ass lady with a PhD. She's a licensed professional counselor, board supervisor, and bestselling author with a private practice and consulting/training business in San Antonio, TX.

Stop the bullshit that hurts others and yourself

Accountability is an obligation or willingness to accept responsibility for and to repair the harm caused by one's actions. It features prominently in our relationships, personal lives, and professional lives. Everything from stealing money from work to lying to murdering a stranger—each require accountability, albeit dramatically different kinds. At its heart, accountability is understanding that your actions do not always have the impact you intend; it is ownership of your actions, working to repair problematic issues, and learning how to prevent patterns from forming or continuing. This workbook will help you to recognize your own patterns and behaviors, untangle them, and live the kind of life you want.

► A collaboration between publisher Joe Biel and Dr. Faith G. Harper

► Learning to take ownership for your actions is the difference between success and failure



UNFUCK YOUR BODY

USING SCIENCE TO EAT, SLEEP, BREATHE, MOVE, AND FEEL BETTER

Dr. Faith G. Harper

Harness the power of the vagus system

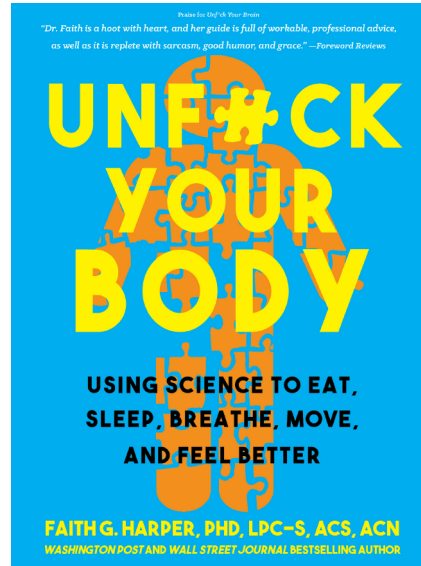
Is your body an asshole? Does it keep you up at night, crave nonstop French fries and ice cream, and try to convince you that exercise is evil? Does it develop weird illnesses and pains for no apparent reason? Does having a body at all fill you with uncomfortable emotions? Enter Dr. Faith G. Harper, therapist, nutritionist, and bestselling author of *Unfuck Your Brain*. She explains the emerging science of the gut-brain connection and the vagus nerve. Filled with straight talk and practical exercises so you can reconnect with your physical needs and reactions, work through body shame and emotional trauma, manage illness and disability, and implement small changes that make a huge difference in how you feel every day. You are a whole person and it's time to reconnect with yourself!

► Focus on mental health, trauma, body image, and nutrition

► Science-based guide to understanding how the vagus nerve affects body and brain



Faith Harper, PhD is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting/training business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist.
TheIntimacyDr.com



- National and local press campaigns
- Social media promotions
- Kickstarter campaign

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192 pages

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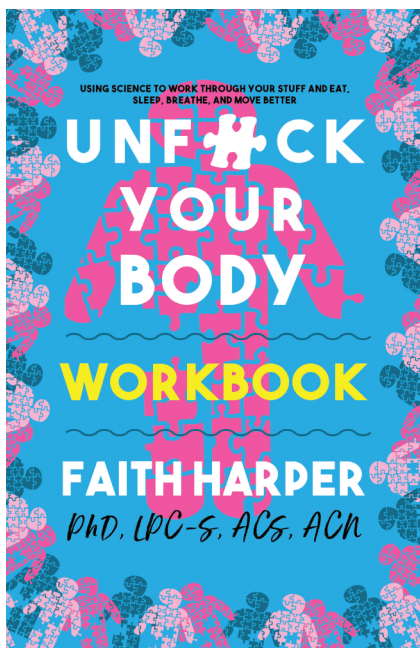
Self-Help/ Nutrition

\$14.95 U.S. / \$19.99 CAN

UNFUCK YOUR BODY WORKBOOK

USING SCIENCE TO EAT, SLEEP, BREATHE, MOVE, AND FEEL BETTER

Dr. Faith G. Harper



Work through somatic problems

Get good with your body! Calm your vagus nerve, exercise your self-compassion, vanquish shame, and give yourself the deep breaths, tasty nutrition, sound sleep, and healthy movement you need. These worksheets and exercises will help you reconnect with your physical self with love and start to feel better immediately. This workbook companion can be used along with *Unfuck Your Body* or all on its own.

- **A science- and solutions-based approach for teens to adults who want to have healthy relationships with themselves and food**
- **Author is a Wall Street Journal bestseller with 10 titles and over 150,000 copies in print**

- National and local press campaigns
- Social media promotions
- Kickstarter campaign

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November 10, 2020
Self-Help/ Nutrition
\$9.95 U.S. / \$12.99 CAN

Faith Harper, PhD is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting/training business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist. TheIntimacyDr.com



UNFUCK YOUR ANXIETY

USING SCIENCE TO REWIRE YOUR ANXIOUS BRAIN (UPDATED AND EXPANDED)

Dr. Faith G. Harper

Take back control of your mental health

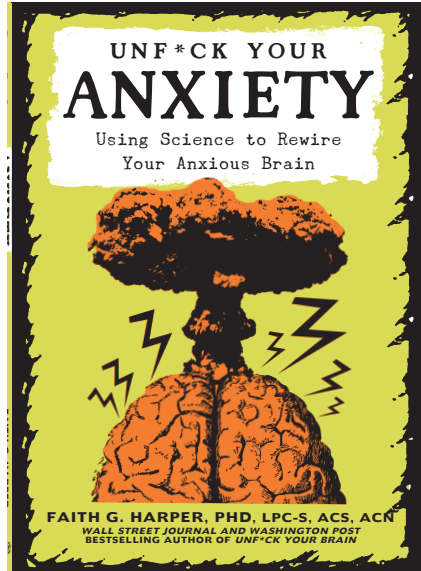
Anxiety is a survival skill gone haywire. It happens when our brains are working so hard to protect us that they forget to notice that the danger has passed. Dr. Faith G. Harper, author of the bestselling *Unfuck Your Brain* and *This is Your Brain on Depression* packs a ton of knowledge and help into this practical manual. She helps us understand the history and science of anxiety, realize when it's become a serious problem, know the difference between anxiety and other conditions, and cope with it in the moment as well as addressing it long term. Straightforward, funny, kind, and judgment free, it includes a wide range of tips, exercises, and medical interventions. This book is a life-saver for panic attacks and chronic anxiety!

► **Anxiety disorders are the most common mental illness in the U.S.**

► **This new edition offers twice as much information as the original**



Faith Harper, PhD is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting/training business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist.
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- National and local press campaigns
- Social media promotions
- Kickstarter campaign

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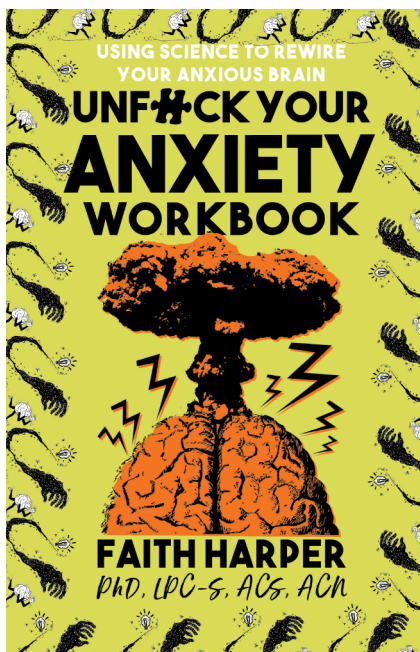
Self-Help/ Mental Health

\$9.95 U.S. / \$12.99 CAN

UNFUCK YOUR ANXIETY WORKBOOK

USING SCIENCE TO REWIRE YOUR ANXIOUS BRAIN

Dr. Faith G. Harper



*Train your brain to reduce
freakouts and triggers*

Anxiety can control your life with a tight grip. Get yourself free with these exercises and worksheets designed to help you identify, manage, and ultimately calm your anxiety, be it stress that ebbs and flows or constant, chronic panic. Work through this book either by itself or as a companion to Dr. Faith G. Harper's bestselling *Unfuck Your Anxiety*. Figure out the history of your anxiety and how and when it makes itself known, and learn basic tools for surviving moments of panic as well as longer-term problem solving.

- National and local press campaigns
- Social media promotions
- Kickstarter campaign

► **Interactive exercises geared toward identifying, managing, and calming anxiety**

► **Author is a Wall Street Journal bestseller with 10 titles and over 150,000 copies in print**

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Trade Paperback

5.5 x 8.5"

128 pages

November 9, 2020

Self-Help/ Mental Health

\$9.95 U.S. / \$12.99 CAN

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TheIntimacyDr.com



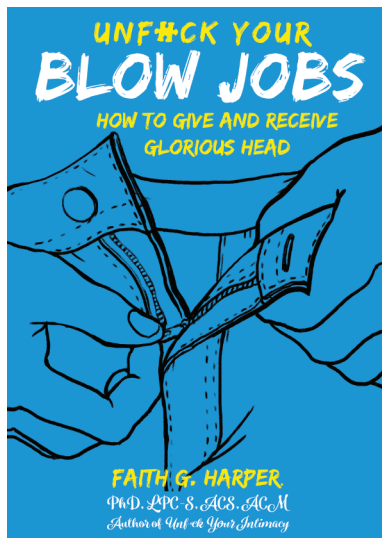
UNFUCK YOUR BLOW JOBS

HOW TO GIVE AND RECEIVE GLORIOUS HEAD

Dr. Faith G. Harper

A sex-positive, gender-inclusive how-to guide

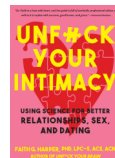
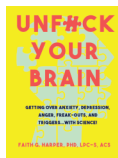
Penises rejoice! Here is the expert guide you need to the art and science of giving and getting oral pleasure. Learn techniques for causing great pleasure and for communicating desires, needs, and boundaries. Find out the science of why oral sex feels so damn good, work through societal and cultural messages that might get in the way of full enjoyment, and get a good grip on the health, safety, and hygiene stuff you need to know. Dr. Faith G. Harper, sexologist and bestselling author of *Unfuck Your Brain* and *Unfuck Your Intimacy*, brings her humor, knowledge, and compassion to help you gain a wonderfully fulfilling sex life.



- National and local press campaigns
- Social media promotions
- Kickstarter campaign

► Focus on sexual communication, health, safety, and hygiene

► A inclusive guide for sexuality active people of all sexual identities



9781621067290 • 9781934620779 • 9781621067627

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Trade Paperback

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January 12, 2021

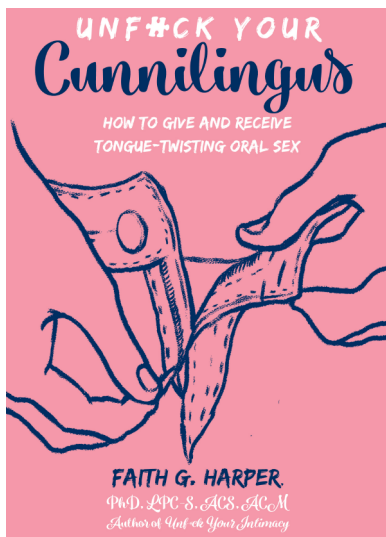
Self-Help/ Sexual Instruction

\$9.95 U.S. / \$12.99 CAN

UNFUCK YOUR CUNNILINGUS

HOW TO GIVE AND RECEIVE TONGUE-TWISTING ORAL SEX

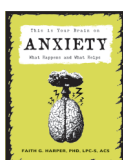
Dr. Faith G. Harper



- National and local press campaigns
- Social media promotions
- Kickstarter campaign

A sex-positive, gender-inclusive how-to guide

Vulvas rejoice! Here is the expert guide you need to the art and science of giving and getting oral pleasure. Learn techniques for causing great pleasure and for communicating desires, needs, and boundaries. Find out the science of why oral sex feels so damn good, work through societal and cultural messages that might get in the way of full enjoyment, and get a good grip on the health, safety, and hygiene stuff you need to know. Dr. Faith G. Harper, sexologist and bestselling author of *Unfuck Your Brain* and *Unfuck Your Intimacy*, brings her humor, knowledge, and compassion to help you gain a wonderfully fulfilling sex life..



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Trade Paperback

5 x 7"

128 pages

January 12, 2021

Self-Help/ Sexual Instruction

\$9.95 U.S. / \$12.99 CAN

► Focus on sexual communication, health, safety, and hygiene

► A inclusive guide for sexuality active people of all sexual identities

Faith Harper, PhD is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting/training business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist. TheIntimacyDr.com



ROCK AND ROLL TERRORIST

THE GRAPHIC STORY OF SHOCK ROCKER GG ALLIN

Reid Chancellor

The story behind rock's most disturbing icon

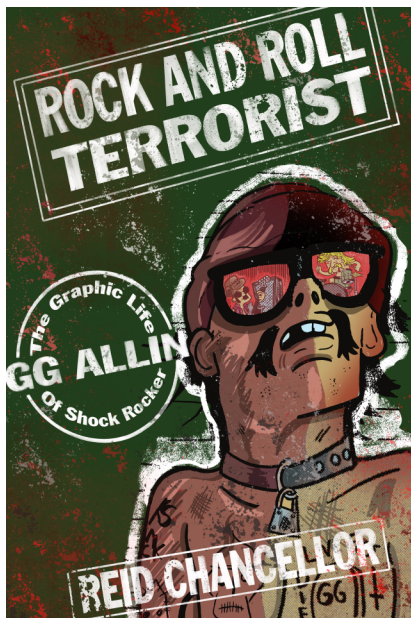
Born as Jesus Christ Allin and raised in rural isolation by a violently abusive religious fanatic, GG Allin grew up to be one of punk's most controversial figures. His music was overshadowed by his on-stage antics, including throwing blood and feces at the audience and hurting himself and audience members. In this first substantial biography of the man who wanted to make rock "dangerous" again, *Hardcore Anxiety* author and illustrator Reid Chancellor portrays Allin's life and early death with sensitivity, asking us to look beyond the shocking spectacle to understand the troubled human behind the scenes, and the societal forces that pushed him to the edge of creative expression.

► GG Allin was arguably the most disturbingly bizarre performance artist, in life and in death

► From the author and illustrator of the graphic novel *Hardcore Anxiety*



Reid Chancellor is an artist, writer, and musician from Evansville, Indiana. You can follow his work on all social media platforms @reidchancellor. He currently lives in north-western Kentucky with his wife Kristan and two cats Buffy and Willow.



- National and local press campaigns
- Social media promotions
- Email marketing and publicity

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| lydia@microcosmpublishing.com |
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978-1-62106-465-7

Trade Paperback

6 x 9"

192 pages

October 13, 2020

Comics Journalism

\$14.95 U.S. / \$19.99 CAN

GG ALLIN

ROCK AND ROLL TERRORIST ACTIVITY AND COLORING BOOK

Reid Chancellor



Channel your rage through the page

2020 marks the 27th anniversary of the death of GG Allin, the most notorious rock n roll artist of all time, a potent mix of the antics of Sid Vicious and the persecuted worldview of Hank Williams. He was loved and hated, but it was clear to everyone that he knew how to create a spectacle. Instead of further glamorizing him as previous books have done, this activity and coloring book explores the lifetime of trauma that motivated him and what he felt like were his best creative expressions. Draw his tattoos, color his infamous onstage mayhem, engage with his unflinching takes on death, pain, and religion.

- National and local press campaigns
- Social media promotions
- Email marketing and publicity

► **A quirky and irreverent activity book for adults with a dark sense of quirk**

► **From the author and illustrator of the graphic novel *Hardcore Anxiety***

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128 pages

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Activity Book / Gift

\$14.95 U.S. / \$19.99 CAN

Reid Chancellor is an artist, writer, and musician from Evansville, Indiana. You can follow his work on all social media platforms @reidchancellor. He currently lives in north-western Kentucky with his wife Kristan and two cats Buffy and Willow.



DESCHINGA TU CEREBRO

USANDO LA CIENCIA PARA SUPERAR ANSIEDAD, DEPRESION, IRA, MIEDOS Y DESENCADENANTES

Dr. Faith G. Harper, Traducido por Cristina Martinez-Smith, PhD

Spanish-language edition of the bestselling Unfuck Your Brain

Nuestros cerebros están haciendo todo lo posible para ayudarnos, pero a veces pueden ser verdaderos imbéciles. A veces parece que tu propio cerebro está tratando de atraparte, derritiéndose en frente de todo el público, buscando pleito con tu pareja, volviéndote adicto a algo o volviéndose entumecido por completo en los peores momentos posibles. Ya le dijiste a tu cerebro en serio que no es bueno hacer estas cosas. Pero tu cerebro tiene una mente propia. Ahí es donde este libro llega ser útil. Con humor, paciencia y muchas palabrotas, Dr. Faith le muestra la ciencia detrás de lo que está sucediendo en tu cráneo y te explica a través del proceso cómo reentrenar tu cerebro para responder adecuadamente a las no cosas que no son emergencias de la vida cotidiana.

"Dr. Faith is a hoot with heart, and her guide is full of workable, professional advice, as well as it is replete with sarcasm, good humor, and grace." —Foreword Reviews

DESCHINGA TU CEREBRO

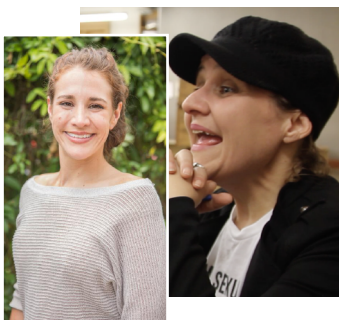
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SUPERAR ANSIEDAD, DEPRESIÓN,
IRA, MIEDOS Y DESENCADENANTES

FAITH G. HARPER, PHD, LPC-S, ACS, ACN
AUTHOR OF UNFUCK YOUR INTIMACY
TRADUCIDO POR CRISTINA MARTINEZ-SMITH, PhD

- National and local press campaigns
- Social media promotions
- Kickstarter campaign

► Meticulous translation preserves the original book's message, character, and science-based info

► English edition is a *Wall Street Journal* bestseller



Cristina Martinez-Smith, PhD Ella a trabajado como consejera de salud mental, a hecho investigación para mejorar el entrenamiento de consejeros bilingües, a supervisado, y a dado clases en Inglés y Español. Ella es profesora, artista y emprendedora, y es una mujer orgullosamente mexicana. Ella vive en Austin, TX

Faith Harper, PhD is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting/training business in San Antonio, TX.

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192 pages

November 10, 2020

Self-Help/ Mental Health

\$14.95 U.S. / \$19.99 CAN

TRANS-GALACTIC BIKE RIDE

FEMINIST BICYCLE SCIENCE FICTION STORIES OF TRANSGENDER AND NONBINARY ADVENTURERS

Lydia Rogue

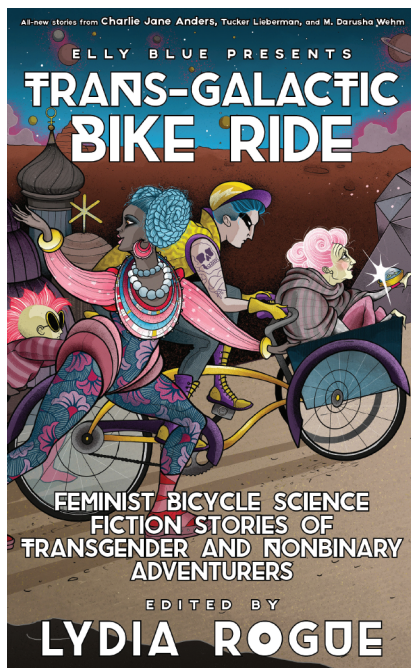
**#OwnVoices stories of trans
and nonbinary heroes**

In worlds where bicycle rides bring luck, a minotaur needs a bicycle, and werewolves stalk the post-apocalyptic landscape, nobody has time to question gender. Whatever your identity you'll enjoy these stories that are both thought-provoking and fun adventures. Find out what the future could look like if we stopped putting people into boxes and instead empowered each other to reach for the stars. Featuring stories from Hugo, Nebula, and Lambda Literary Award-winning author Charlie Jane Anders, Nebula-nominated M. Darusha Wehm, and more.

- ▶ **Joins the groundswell of feminist and LGBTIQ+ science fiction and fantasy**
- ▶ **Seventh in the the Bikes in Space series**
- ▶ **Previous titles in series have sold over 25,000 copies**



Lydia Rogue is a writer and poet living in Portland, Oregon. They write about the environment and queer issues, when they're not writing sappy love poems for their wife. You can find them online at lydiarogue.com



- Outreach to queer and feminist media
- National and local press campaigns
- Social media promotions
- Email marketing and publicity

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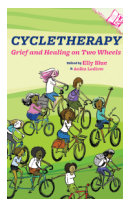
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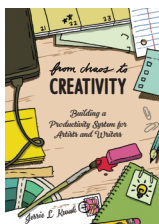
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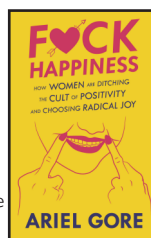
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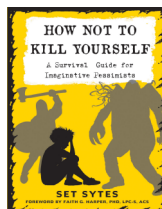
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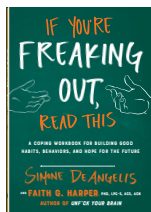
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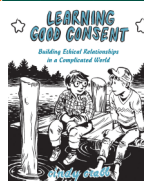
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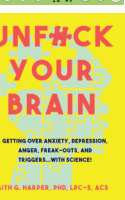
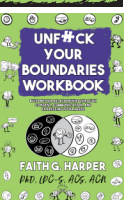
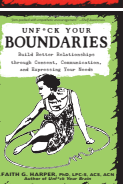
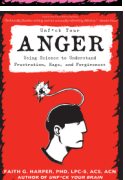
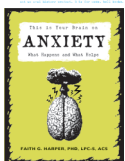
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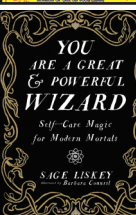
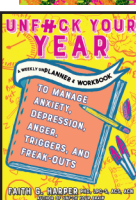
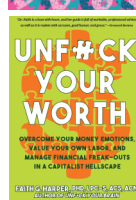
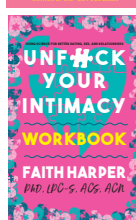
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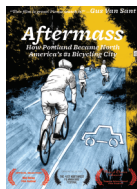
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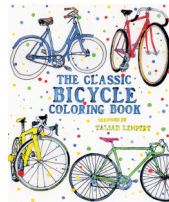
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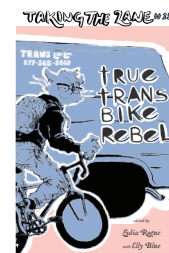
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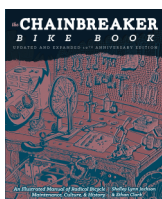
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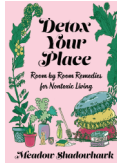
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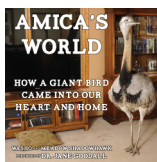
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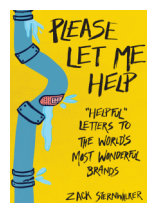
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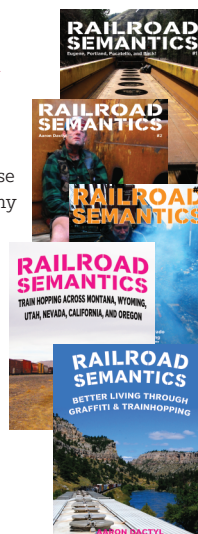


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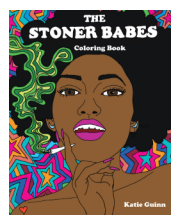


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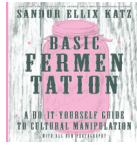
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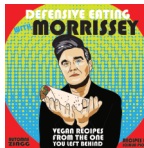
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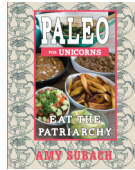
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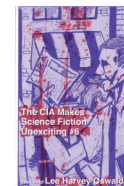
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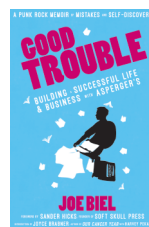
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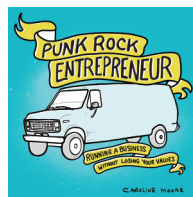
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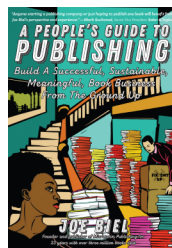
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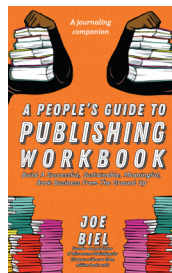
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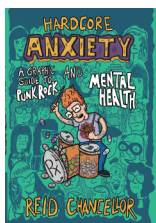
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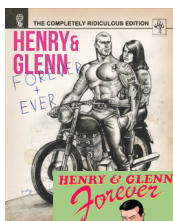
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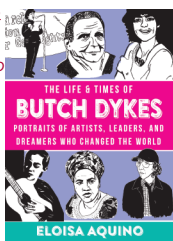


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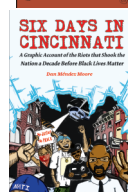
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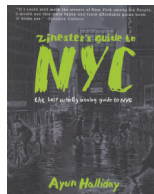


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